



# Airman & Family Readiness Center Hearts Apart Newsletter

July 2015

## Give Parents A Break

Jul 18<sup>th</sup> from 5:00 p.m. – 9:00 p.m.  
Aug 15<sup>th</sup> from 9:00 a.m. – 1:00 p.m.

Call the CDC (777-6321) or Youth Center (777-2419) NLT Wed prior to register.  
A voucher from the Airman & Family Readiness Center is required to sign-up.

## Couples Reintegration Dinner

Located at:

**HUB 801**

(3525 Riverdale Road, Ogden)

18 July 2015

5:30 – 8:30 p.m.

**Beverages  
included**



**Registration required - Please call 801-777-4681 no later than July 10<sup>th</sup>**

**Who is this for?** Military and their spouse/significant other returning from Deployment or Remote Tour within the last 6 months.

**Why attend?** You will enjoy a delicious three course meal with your spouse/significant other. You will also have the opportunity to hear from our guest speaker and the MFLC team presenting ideas on how to rekindle and reconnect your relationship.

*Note: This event is combined with “Give Parents a Break!”*

*For details, contact the Airman & Family Readiness Center at 801-777-4681.*

## Military Family Life Counselor (MFLC)

- PHD and Master Level Counselors
- Confidential: No records, No Chain of Command!
- Free for Military and their Families
- Does have “duty to warn” obligation

**Call – 801-391-5460**

*When you just need someone to talk to...*

## July Celebrations

*Note – This is not an all inclusive list.  
Visit specific city websites for more information about  
events throughout the month of July*

### Layton – Liberty Days Celebration

- Saturday, 4 July
- 10:30 a.m. – Parade Begins
- 10:00 p.m. – Fireworks Display
- Location – Layton Commons Park
- Visit <http://www.laytoncity.org>

### Clearfield – Annual 4<sup>th</sup> of July Celebration

- Saturday, 4 July
- 9:30 a.m. – Parade Begins
- 10:00 p.m. – Fireworks Display
- Location – Fisher Park
- Visit <http://www.clearfieldcity.org>

### Kaysville – July 4<sup>th</sup> Celebration

- Saturday, 4 July
- 11:00 a.m. – Parade Begins
- 10:00 p.m. – Fireworks Display
- Location – DATC Detention Basin
- Visit <http://www.kaysvillecity.com>

### Bountiful – Handcart Days

- Thursday, 23 July
- 6:00 p.m. – Grand Parade Begins
- 10:00 p.m. – Fireworks Display
- Location – Mueller Park Junior High
- Visit <http://www.bountifulutah.gov>



**SALUTE TO OUR**

**NATION'S DEFENDERS PICNIC**

**Friday, 10 July 2015, 1500 – 1900**

Centennial Park, Hill Air Force Base, Food served from 1500 to 1800

ALL ACTIVE DUTY, GUARD AND RESERVE MILITARY PERSONNEL, TOUMAC MEMBERS AND THEIR FAMILIES ARE INVITED

Sign-up through your  
First Sergeant!

